

MAY

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SUN	MON	TUE	WED	THU	FRI	SAT
	LEARN MORE ABOUT EARLY WARNING SIGNS IN CHILDREN BY DOWNLOADING THE CHILDREN'S MENTAL HEALTH FACT SHEET		IS IT NORMAL STRESS OR SOMETHING MORE? LEARN ABOUT THE SIGNS AND SYMPTOMS OF ANXIETY DISORDERS: NIMH.NIH.GOV HEALTH TOPICS	MANY PEOPLE IDENTIFY DEPRESSION AS BEING SAD, BUT IT IS MUCH MORE COMPLICATED THAN THAT. LEARN MORE:NIMH.NIH.GOV HEALTH TOPICS		
	DID YOU KNOW THAT 1 IN 5 ADULTS EXPERIENCE MENTAL ILLNESS? YOU ARE NOT ALONE FACT SHEET		DID YOU KNOW THAT THE AVERAGE DELAY BETWEEN SYMPTOM ONSET AND TREATMENT IS 11 YEARS? MENTAL HEALTH MATTERS FACT SHEET		DID YOU KNOW THAT DEPRESSION IS THE LEADING CAUSE OF DISABILITY WORLDWIDE? RIPPLE EFFECT FACT SHEET	
WHAT ARE YOUR TOP 3 INTENTIONS FOR THE WEEK AND HOW CAN YOU MEET THEM?		DID YOU KNOW THAT NAMI OFFERS FAMILY SUPPORT GROUPS? TO HELP THOSE CARING FOR A LOVED ONE WITH A MENTAL ILLNESS.	FIND SUPPORT HERE: WWW.NAMI.ORG/ FIND-SUPPORT			TAKE TIME TO BE CREATIVE TODAY: COLOR, PAINT, SING, WRITE
	TAKE THE PLEDGE AND COMMIT TO MENTAL HEALTH FOR ALL!	SHARE HOW TO STOP STIGMA ON YOUR SOCIAL MEDIA.	WEAR GREEN IN SUPPORT OF MENTAL HEALTH AWARENESS! TAG US IN YOUR PHOTO!		SIGN UP FOR VIRTUAL NAMIWALK, FIND OUT MORE: HTTP://NAMIWALKS. ORG/MARYLAND	